

ABSTRACT

An essential health care instrument for the ankle, foot and toes which assists in the foot care of diabetic, arthritic, disabled, elderly and obese persons. The length of this lightweight instrument enables visual inspection of areas subject to bacteria and infection without assistance and eliminates reaching or bending. The rod enables user(s) to medicate tissues surrounding their feet and digits (toes) from a standing, sitting or lying position.

One end of this instrument provides a way for self inspection for ulcers, sores, cuts or sanitary problems of the feet. This process is performed by use of the magnifying mirror soldered to the end of the instrument rod. Another end of this lightweight instrument enables a sanitation process and medicine application for foot surfaces and between the toes. The cleansing and application of medicine is achieved through the use of washable and reusable sponges attached to the end of the rod.